

DINNERLY



Balanced Thai Tofu Red Curry with Brown Rice and Veggies



35 minutes



2 Servings

Loaded with veggies and cooked in a flavourful coconutty Thai curry sauce, this vegan dish is bound to please. And swapping out white rice for brown is a great way to include more good-for-you whole grains in your diet.

WHAT WE SEND

- 125g brown rice
- 1 red capsicum
- 1 zucchini
- 1 spring onion
- 200g peanut satay tofu ^{1,5,6}
- 30g red curry paste ⁶
- 200ml coconut milk

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp vegetable oil
- 1 tbs soy sauce ⁶
- 1 tsp sugar (optional)

TOOLS

- medium saucepan
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 700kcal, Fat 36.5g, Carbs 62.4g, Proteins 25.9g



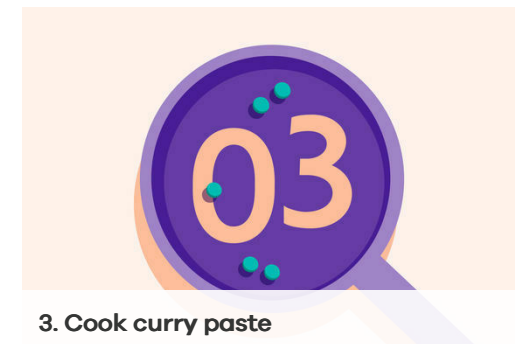
1. Boil rice

Fill a medium saucepan three-quarters full with water and bring to the boil (see Kitchen 101). Add the **rice** and cook for 25 mins or until tender. Drain.



2. Prep ingredients

Meanwhile, crush or finely chop **2 garlic cloves**. Cut the **capsicum** into 2cm chunks. Cut the **zucchini** into 1.5cm-thick batons. Thinly slice the **spring onion**, including the green part. Thinly slice the **tofu**.



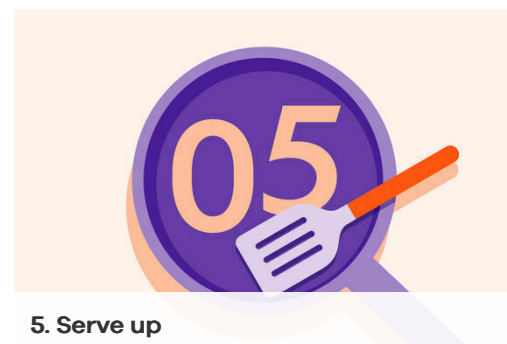
3. Cook curry paste

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Cook the **garlic, capsicum and curry paste**, stirring, for 2 mins or until the capsicum is softened.



4. Simmer curry

Add the **coconut milk, 1 tbs soy sauce** and **1 tsp sugar**, if using, to the capsicum mixture and stir to combine. Bring to a simmer, then reduce the heat to medium. Add the **zucchini and tofu** and cook, covered, for 2 mins or until the zucchini is tender. Remove the pan from the heat.



5. Serve up

Divide the **rice** and **tofu curry** among bowls. Scatter over the **spring onion** and enjoy!



6. Kitchen 101

Did you know brown rice cooks best by rapidly boiling in plenty of water? Using the absorption method (boiling with less water and then allowing it to absorb) can make it gluggy, so make sure you fill the saucepan generously with water, then drain the rice well once it is tender.